Seminar Report

Social and Psychological Consequences of Violence in FATA

Social and Psychological Consequences of Violence in FATA
Tuesday September 17, 2013 Peshawar

FATA Research Centre committed to Peace & Development for FATA Region in Pakistan

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Acknowledgment

FATA Research Centre in collaboration with The Royal Danish Embassy held a Seminar on “Social and Psychological Consequences of Violence in FATA”.

We would like to thank the honorable guest speakers, people from government, media, academia, civil society and students for their participation in the event.

This report is based on the content of speeches and addresses by the speakers and participants at the Seminar, composed and designed by Ms. Rubab Zahra (Research Associate) under the supervision of Mr. Irfan U Din (Senior Researcher), edited by Mr. Asad Kamal (Researcher), reviewed by Mehran Ali Khan Wazir (Programme Manager) and approved by Dr. Ashraf Ali (President FRC).
# Contents

Acknowledgment........................................................................................................................................... i  
Introduction.................................................................................................................................................. 1  
Seminar Objectives...................................................................................................................................... 2  
Guests Speaker’s Profiles ............................................................................................................................. 2  
Opinions of Guest Speaker .......................................................................................................................... 4  
Recommendations......................................................................................................................................... 9  
Conclusion.................................................................................................................................................... 10  
Appendices.................................................................................................................................................. 11  
  Appendix - I............................................................................................................................................... 11  
      Seminar Agenda ................................................................................................................................... 11  
  Appendix - II ............................................................................................................................................. 12  
      Seminar Covered in News ....................................................................................................................... 12  
  Appendix - III .......................................................................................................................................... 18  
      Glimpses of Seminar ............................................................................................................................. 18
Introduction

At the dawn of the 21st century, it was thought that this century would bring development, knowledge, technology, lead to progress in the world and above all would be a century of peace, as said by Dalai Lama, “I think there is every reason this 21st century will be much happier”. However, everything did not go as expected. The century was followed by wars and conflict, militancy, terrorism, ethnic violence and massacres, physical, emotional and sexual abuses. The report focuses on the sociological-ethnological and psychological implications of these violent conflicts, particularly in Federally Administered Tribal Areas (FATA) after the advent of the US ‘War on Terror’.

The current conflict spread a complex and violent situations in Pakistan, particularly in Pakistan’s Federally Administered Tribal Areas (FATA) which has reconfigured the whole fabrication of social life of the natives. Military operations, militants’ attacks, suicide attacks, explosions, drone attacks and even safety precautions such as long curfew hours have caused serious psychological and social issues among the people in the area. The life of a common is spending between the barrels of two guns 24 hours. The traumatic situation in FATA is unprecedented. The people of FATA, due to war on terror, are reported to be faced with serious social and psychological problems. Among the affectees of psychological diseases children especially school going boys and girls are with highest ratio while women are second highest ratio in this respect.

Analysts believe that children and women are more vulnerable to the phenomena. Both women and children to somehow share reasons for their vulnerability; women use to stay in home with less social interaction and activities while children have no more school to spend days in. According to the Khyber Pakhtunkhwa (KPK) Education Department, militants destroyed a total of 1000 schools in various parts of the province including 640 schools in Malakand Division (reference). It spreads nightmares and distress among school going children. In addition, terrorism, bomb blasts, slaughtering people etc., are the frequent discussed topics in schools there in Khyber Pakhtunkhwa and FATA. It is continuously affecting the brain of school going kids.

In FATA the fear of suicide attacks, military operations and especially the drone attacks has led to severe sociological consequences. Drones and militant attacks have left Bazaars terrorized, vacant mosques, eliminated Hujra (community center), made ineffective Jarga (council of elders) and decreased the number of participants in the funeral ceremony (Mehran Ali Khan Wazir)\(^1\). It is important to notice that to a lot of extent the tribal life is incomplete without the above mentioned social elements (Mehran Ali Khan Wazir). In this context the social institutions and codes have been considered itself educational institutions. Absence of social institutions and codes lead towards malaise which further brings psychological issue among people. Therefore in this way the sociological issues are very much related to the psychological problems.

Pakistan’s participation in the US led anti-terrorism campaign has led to massive unemployment, homelessness, poverty and other social problems and ills. In addition, frequent incidents of terrorism and displacement of the local population have severely affected the social fabric. Counter terrorism campaigns against the militants uprooted millions of people in KPK and FATA which brought various economic, social and psychological sufferings to them. Approximately five million people were displaced from FATA which is considered as one of the largest displacements in the history of Pakistan.

FATA is one of the most underdeveloped regions of Pakistan due to the ongoing war on terror. Its people are poorly educated, lack access to adequate health care, and are deprived of basic facilities. There is widespread depression, especially among young generation, because of the economic, political and security situation in FATA.

According to the mental health programme of the Federal Ministry of Health, a majority of the children displaced in the wake of the military operations in FATA and PATA was aged between three months to 11 years and they complained of problems including depression, phobias, acute stress disorder, post-traumatic stress disorder and insomnia.

In 2009 the Sarhad Hospital for Psychiatric Diseases (SHPD) recorded about 97,000 psychiatric cases from the violence-hit areas of FATA. It has been estimated that one in six carries few symptoms of psychological illness. Approximately 90,000 patients examined at a local hospital of FATA in 2011, about 50,000 had been exposed to militant-related violence or to the military operation.

Seminar Objectives

In view of the above, finding ways to relieve the agony of the people of FATA is the question of the hour. The goal of the FRC is to promote a just, peaceful and equitable society where people can live in harmony and with dignity by securing social, economic and ecological well-being. To turn this vision in reality, FRC conducted seminar with the following focused objectives:

1. To discuss the impacts of violence on the social and psychological behavior of the people in FATA
2. To transcript the stance of government officials and different political parties on the issue
3. To share the feelings and experiences of people directly affected by such activities
4. To find out solutions for the betterment of the people of FATA
5. To address basic sociological underlying causes of prevailing socio-psychological problems due to ongoing war on terror.

Guests Speaker’s Profiles

FRC understanding the significance of the issue, needed a platform to present the social and psychological emerging issues due to violence in Fata, and brought the topic into discussion by government functionaries, intellectuals, academics, civil society representatives, journalists, strategic and political analysts, students and IDPs of FATA.

The panel of speakers for the seminar was established keeping in view different perspectives of the topic. FRC invited four renowned representatives of different institutions with the divergent expertise i.e. from Health Ministry, Research & Analyst, Psychiatrists and academia. Following were the guest speakers who presented their point on the issue under discussion:

1. Dr. Khalid A Mufti(Psychologist & Medical Director Ibadat Hospital Peshawar)

Dr. Khalid A Mufti is M.B.B.S., DPM (UK), MRC Psych. (London), FRCPsych (London). He is Medical Director Ibadat Hospital Peshawar, Member Federal Mental Health Authority Pakistan and Chairman Horizon (Welfare NGO for prevention, Training, Research in Mental Health and Drug Demand Reduction), Pakistan. He is ex-Principal Khyber Medical College Peshawar, former Professor and Head Department of Psychiatry, Khyber Teaching Hospital Peshawar. He has more than 30 years of experience in
academics, research and clinical practice. His main areas of interest are psychiatric problems and drug abuse prevention.

2. **Dr. Khadim Hussain (Managing Director Baacha khan Trust)**

Khadim Hussain did his research thesis in sociolinguistics, and working as managing Director Baacha Trust Educational Foundation (BKTEF) and also teaches a course at the linguistics department, Quaid-e-azam University Islamabad. He also worked as permanent faculty for linguistics and communication at Bahria University Islamabad, Pakistan from 2004 to 2010. He has 20 international research publications and attended more than 12 international conferences over the last 15 years.

3. **Mr. Shaukat Ali Yousafzai (Health Minister Khyber Pakhtunkhwa)**

Mr. Shaukat Ali Yousafzai obtained a Journalism degree from University of Peshawar. He is a Member of Khyber Pakhtunkhwa Assembly representing Pakistan Tehreek-e-Insaf and as Minister for Health and Information Khyber Pakhtunkhwa in the Pervez Khattak administration. He also serves as the Secretary General of its provincial chapter of Khyber Pakhtunkhwa and previously has served as the political advisor to Imran Khan. He remained an active journalist throughout his career and worked from different newspapers and hosted talk shows on PTV and AVT Khyber. He remained the president of Khyber Union of Journalist for three consecutive times.

4. **Dr. Madiha Asghar (Psychologist)**

Dr. Madiha Asghar obtained a PHD degree in Psychology. She is serving as a psychology professor in Islamia College Peshawar and also running training program for psychologists in the Department of psychology (Islamia College Peshawar). She is a social activist and affiliated with many civil societies which are serving for medical and social welfare in KP and FATA. She has a far above the ground analytical skills, advanced theoretical knowledge and highly experienced and skillful psychiatrists.
Opinions of Guest Speaker

1. Dr. Khalid A Mufti (Psychiatrists & Medical Director Ibadat Hospital Peshawar)

Being a Psychiatrist he presented his views on the issue and brought into light the causes of rapidly increasing mental disorders in tribal areas. According to him:

- Violence is prevailing in FATA as the Taliban’s, foreign fighters and drone attacks worsen the condition of the area. The damage to infrastructure and human losses includes destruction and damage of public buildings and infrastructure (e.g., hospitals, schools, roads, power grids, water supply, etc.), lives lost and injuries sustained and the Internally Displaced Persons that were forced to migrate to escape violence and damage to privately owned property (e.g., homes, shops, factories, farms, etc.). Unemployment in FATA is very high due to the destruction of infrastructure, as 70% people were relying on agriculture for generating revenue that are now unable to work due to restless condition of the area.

- More than 54 per cent of people living in the conflict zone had shown symptoms of acute stress, post-traumatic stress disorders, depression, fear, anxiety, loss of appetite and sleep disturbance.

- The local residents, particularly women and children, of the conflict areas suffered from physical and psychological abuse and traumas. The fear of death and feelings of helplessness further traumatized their lives. Due to the long War on Terror on the name of anti-terrorism attacks In FATA the psychological issues increased in them and mostly patients came from FATA to our hospitals who were suffering from psychological problems.

- Education is the key to progress for any nation of the world. Militants attacked and destroyed a number of boys and girls schools in FATA and KPK as a strategy to imbue the youth of the area with militant values. Militants destroyed almost 1,000 schools, mostly girls’ schools, in FATA and KPK. It spreads fear among school going children.

- As, In FATA people are suffering from the violence of Pakistan army and many civilians sacrificed their lives in army operations against terrorists. An influx of insecurity and Scariness of dying due to terrorism attacks or in anti-terrorism operations increased anxiety, insomnia and distress.

- Due to the prevailing law and order situation and terrorism in Khyber Pakhtunkhwa and FATA people of this area are passing through tremendous mental stress and psychological strain and in such situation the role of psychologists becomes very important as they are the people who can allay their fears through counseling and help them build the positive aspects of their characteristic traits.

- Poverty, injustice, a deteriorating law and order situation and widespread unemployment across the country, particularly in FATA, greatly contributed to the rise of militancy in Pakistan. In addition, a deteriorating law and order situation in FATA has created grave security concerns for the government.

- Moreover, the failure on the part of the government to provide immediate relief assistance to the affected people in the war zones of FATA created antipathy.
between the people and the government. The sense of political deprivation and lack of participation in decision making has further widened the gulf between the government and the people. This prevailing situation in FATA goes in favor of the militants who exploit inherent structural weaknesses in the tribal political and administrative system in order to create divisions in the tribal society where some have started perceiving Taliban as their saviors.

- Ever-increasing terrorism and psychological problems now become a substantial internal security threat for Pakistan. In this regard, the government needs to take necessary steps to curb the menace of terrorism.

- Journalists and media should mobilize the people and create awareness in the tribal areas by creating a prominent policy for the people of FATA to diminish haphazardness in them.

- The government should induct psychologists in schools and hospitals in KPK and FATA to take the school children and the terrorism affected people out of the psychological fear which they are facing due to intensive terrorism. Further, government also needs to build the destroyed infrastructure at the earliest. Building of cottage industries in the terrorism affected areas can be beneficial to the people economically. In short, it is essential for the economic prosperity, mental health and social progress of tribal people and for Pakistan to make an early end to this war.

- Need of the time to be united and organized on one point voluntaries for creating change, as the people of FATA have been deprived of their political and social rights. The sense of political deprivation and lack of participation in decision making has created depression among the tribal people which, in turn, affects the government-to-people relationship. This prevailing situation in FATA goes in favor of Taliban who further exploit inherent structural weaknesses in the tribal political and administrative system in order to create divisions in the tribal society where some people have started perceiving them as their saviors. This poses a direct challenge to the writ of the government.

- It also appears that there is no quick fix of the crises. Undoing this damage will require a long term commitment, both political as well as financial, that would address not only the brick and mortar reconstruction but also try to heal the psychological scars which have marked the population.

2. Dr. Madiha Asghar (Psychologist)

As a Professor she presented her independent findings on Visible Social Impacts and socio-psychological causes and effects of militancy:

- The impact of terrorism cannot be limited to any one dimension as acts of terrorism may affect the entire life and society. Terrorism is an art with the key aim to demoralize the community and undermine its sense of Security and leaves ever lasting effects on the masses.

- The current situation prevailing in parts of NWFP and FATA is clearly thus an insurgency and needs a well thought out counter strategy. No counter terrorism strategy can succeed without the active and popular participation and support of the people.
The social and psychological impact of militancy on life in the FATA was that the population had to change their life style. They could not hold observance of their rituals like weddings, funerals and other ceremonies in their traditional manner. Population in FATA started drifting away from the state of Pakistan as they felt that the state had abandoned them and that their plight was of no consequence to the rest of the country.

Media is an important institution and Role of media is very important in making opinion and moldings the attitudes, development and change. Media should play positive role because people are fed up from hearing teasing breaking news and updates in a dramatic way that is increasing mental stress and anxiety among people.

According to current scenario the Input of social societies, communities, Psychiatrists, general physicians, doctors, civil societies and journalists can play a vital role in peace building.

It was being said that 21st century will bring happiness and development to the world. As the 21 century started the incident of 9/11 accord, and people of FATA are still facing it’s after effects. After that earthquake in October 2005 accord any many people died in FATA. Around 25000 people died and many people displaced in FATA.

Need for development, education and health reforms for peace building in the society is essential, it’s not important due to presence of Taliban or due to war on terror.

In developed countries psychologists are practicing that proves the need of Psychiatrists in peace is essential and in the unrest condition of FATA the need of psychiatrists double due to war and terrorism.

Political socio-economic problems are increasing; people are suffering from mental stress, uncertainty and confusion. The 9/11 incidents, the war on terrorism, suicide attacks and the daily suffering of the people of Pakistan are the result of the wrong and unethical policies of the concerned states. Without peace, development is not possible. And peace in FATA can only be achieved through good governance and rule of law.

The military operations have deeply disturbed the socio-psychological fabric of society. Consequently, the overall atmosphere remains tense. The violence has a direct psychological impact on the people of Pakistan in general and the people living in the conflict zones of FATA in particular. Their constant exposure to violence has engendered many psychological problems, in some cases in the form of serious mental illness. Increased in militancy and crimes is creating negative impact on our socio-political condition and it will damage the international relations of Pakistan.

To cope with the psychological problems in the Department of psychology (Islamia College Peshawar) is running training program for psychologists and around 50 psychologists trained there in last 4 years. But government is not supporting them in it. Criminal psychology department will be soon established in Islamia College Peshawar for the proper psychological counseling and treatment of criminals. The main objective is to train psychologists, researchers, and
practitioners, for effective dealing with psychological issues, and developing understanding about the psychological factors of crimes to control crimes.

- In Psychology department (Islamia College Peshawar) above 400 are registered patients which were mostly referred by psychiatrists as they are charging very nominal and sometimes it’s free because the treatment of patient is priority for them in counseling, trial counseling and trial psychotherapy is providing to patients.

- People of FATA as a Pakistani also want a dignified and prestigious Pakistan, Maintaining grace and self-esteem should be made the hallmark of Pakistani leadership. Nations that conduct themselves with dignity and maintain their self-respect can conduct the rules of business with their international counterparts with confidence.

3. Dr. Khadim Hussain (Managing Director Baacha khan Trust)

As an analyst and scholar he presented his findings on Insecurity and Violence in FATA causes and its Psycho-social effects.

- The topic which is under discussion is a layered topic as it contains many layers of facts and findings that’s why all the researchers and analysis thinks that they are on the right page expect others but the main thing is all the findings are a part of it.

- Violence doesn’t mean that someone is abused, which is in the general observation, psychological loss, emotional loss are also lineaments of violence. Due to bad act of fewer people societies snatched the authority from all and kick them out from the decisions of country, that is a state violence which is facing by people of FATA and it's started from the European time and still existing. But few people are on viewpoint that the violence in FATA is started when drone attacks and NATO forces came in the region. But according to history FATA has remained in the eye of the storm since the turbulent Cold War years.

- Owing to its geo-strategic location, the region became a playground for rival forces vying to extend their sphere of influence. As soon as the Red Army retreated from Afghanistan, FATA faded into oblivion. It bounced right back into the global when In 1980’s A-Qaida established in Peshawar, And1998 Al-Qaida declared that where ever the Americans will be found they would be killed and where ever Muslim countries do agreements with American would be killed. After this 9/11, become a flashpoint.

- If we overview the current situation of FATA, several types of violence can be easily observed. Socio-cultural norms of tribal regions destroyed badly and the culture of FATA completely ruined, to win back the culture will take centuries.

- Militant’s also spoiled the local culture in KPK and FATA, banned listening to music and recreational activities. By spreading fear, terrorists have paralyzed the social life of FATA people. Due to fearful security situation, people avoid visiting public places like markets, Parks and even mosques.

- For Peace building in FATA there is a need to replace war economy with the peace economy otherwise peace will not be possible in area. Education and media played very important role in highlighting the issues of FATA. But media didn’t highlight the violence issues of FATA as it is at security risk and if any journalist dares to highlight the issues of FATA he will soon killed by militants.
- NATO operations are the cause of loss of income generation, displacement, it also demolished badly Honor and respect of the people of FATA, zero accountability of funds which are coming for FATA.

- What happened to individuals, Tribesman are force fully exile in their personalities. Freedom to think is not for FATA people. Then how and what they can speak.

- Social institutions are totally destructed, FATA became a black hole as now Shura replaced the Jarga. Due to all these factors complete immobility vertically and horizontally can be observed in FATA. Military operations were not targeted and accountable because FATA is at security risk. FATA is being authorized as others think that there is something wrong with the people of FATA. This authorization is more painful and damaging then physical violence.

- In last, he said if the terrorism stops today then still the welfare and development of the society will takes centuries for the reestablishment of culture. Need of the time is for the establishment of peace discourse and role of Government, media and academia is important in peace building.

4. **Mr. Shaukat Ali Yousafzai (Health Minister Khyber Pakhtunkhwa)**

As a minister of health he shared his views and describe about what kind of initiatives are taken by government on the violence in FATA

- Psychological impact of War in FATA people will remain with Pashtuns for centuries because it totally changes the socio-economic culture of fata. The need is to review that what kind of benefit we received from the War on terror in last ten years. The jirga system of FATA is destroyed the people who called jagra were killed one by one. We are just focusing on the point that people are killing us but we are not concentrating on the factors underlying this current situation and who are people behind this.

- We have to understand where we are being deceived and where injustice is done to us. We blame America and Taliban, but we are governed by all governments almost till now, and still the pashtuns government is not interested in raising voice against these powers that are doing injustice to FATA people. But Pashtuns are always accepting which is amicable to them and which is not in their favor they consider it conspiracy against them.

- If we don’t get rid of the US led war on terror we can’t save our culture and this war will not stop against pashtuns ever, because in last ten years every issue which emerged it gradually increased with the time, now we are realizing that we don’t have the abilities to cope with these issues, And these are creating psychological problems not only in FATA people but also in our defense forces.

- Dispose of this war on terror they only way to resolve conflict and to restore peace in the region is through Peace negotiations. Any methodology which can be workable should be use. In last three months the new federal government, after three months decided that dialogue should be made and if dialogues will not be possible then the operation will be done against militants.
- We should decide as a nation what we want to do war or peace talks and we have to be clear about this if we want peace in FATA. The mess that war leaves is very costly and very hard to clean up.
- The other injustice with the people of FATA the resources which were allocated for FATA from foreign aids, from federal government or from any other source were not spent for the progress and development of FATA. Good Health institutions, educational institutes, and roads are unavailable and the main culprits of FATA are the elected members of FATA who always suppressed the voice of FATA people. And Actual issues of FATA are not highlighted nationally and internationally by politicians of FATA.

**Recommendations**

The problem of social and psychological violence in FATA is a complex phenomenon. It is the product of international, regional, national and local precarious situation for the last couple of decades which changed the course of sociological and psychological behavior shaping among the natives of conflicting zones. One of the agreed upon recommendations is the use of soft (political) means to conflict management or conflict transformation. Because ‘violence breeds violence and the only way to avoid violence is none violence’ (Baacha Khan) while wars are a never ending phenomena. According to the great Aristotle, ‘only the dead one can witness end of war’. So dialogues and negotiations are considered the best course to avoid violence. Peace in FATA can only be achieved through good governance, rule of law and social development.

It is important to note that:

- The problem of violence and insurgency can be tackled by political dialogue not through force.
- Political, economic and social reforms are needed to end the deprivations and socio-psychological issues of people living in the violence hit areas.
- Medical camping in all agencies by local government for providing medical facilities and psychological counseling to the victims of violence.
- Need for the establishment of social welfare institutions in FATA.
- Capacity building to strengthen the institutions and induction of psychiatrists in schools and hospitals will help overcoming the psycho-sociological problems among people.
- Government should rebuild the infrastructure to curb the menace of terrorism in FATA. And regional integration through roads, pipelines, trade and economic opportunities will be a quantum jump in restoring regional peace and stability.
- The financial support of International community for development projects and prosperity of the troubled areas in FATA will be another effective way to deal with underlying causes of socio-economic and psychological issues.
- Role of Government, media and academia is important in peace building. Especially media should generate prominent policy against violence in FATA to mitigate haphazardness and insecurity.
Conclusion

War on terror has not only rattled the bases of FATA, but also uprooted the social fabric of the tribal society in the war affected tribal regions. The growing militancy generated socio-psychological problems in FATA as people living there feel their lives, honor and properties insecure. Military operations, militants’ attacks, suicide attacks, explosions, drone attacks and even safety precautions such as long curfew hours have caused serious psychological and social issues among the people in FATA. The traumatic situation in FATA is unprecedented. The people of FATA had shown symptoms of acute stress, post-traumatic stress disorders, depression, fear, anxiety, loss of appetite and sleep disturbance due to violence. In addition, frequent incidents of terrorism and displacement of the local population have severely affected the social institutions. Adults, children, male and female everybody has been shocked, disturbed and affected by the war on terror fought in tribal regions. The tribal society as a whole got a setback in the ongoing war on terror and its social tribal and cultural routine system has been shaken and undermined since 9/11. Due to violence socio-psychological issues created which disturbed the whole social set up and it made ineffective Jarga (council of elders), participation in social gatherings decreased, eliminated Hujra (community center), vacant mosques and markets.

The militancy opposition against war on terror and unrealistic policy of the government on it has kept the flames of the big fire burning in the tribal regions, which engulfed social, cultural, traditional and political life of the tribal society. The ongoing terrorism has adversely affected the social life of the people living in FATA. More than a dozen tribal journalists have laid their lives so far inside FATA during their professional duties and a similar number of tribal journalists have suffered casualties. People from every walk of life suffer psychologically in FATA. Majority of the people in FATA have been caused human, material or psychological loss and problems. Even the children and women are mentally upset to growing militancy that has disrupted the entire social life in FATA. Hence, the world and the government of Pakistan at large are morally bound to come forward to aid the miserable tribesmen to redress their grievances and affliction.
Appendices

Appendix -1

Seminar Agenda

A Seminar of FATA Research Centre

Topic: “Social and Psychological Consequences of Violence in FATA”

Date: Tuesday September 17, 2013
Timings: 14:00 hrs to 17:30 hrs
Venue: BNQ Hall 1, Shelton Greens Hotel & Restaurant
Main Saddar Road, Peshawar Cantt, Peshawar
Contact: 051-2112853-4, 0343-8511353

Speakers:

Mr. Shaukat Ali Yousafzai (Health Minister Khyber Pakhtunkhwa)
Dr. Khalid Mufti (Psychiatrists)
Dr. Khadim Hussain (Scholar)
Dr. Madiha Asghar (Psychologist)

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<td>14:00-14:30</td>
<td>Arrival of Guest and Registration</td>
<td>Ms Rubab Zahra</td>
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<td>14:35–14:45</td>
<td>Welcome, Purpose and Agenda</td>
<td>Mr. M. Zaheer Khan</td>
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<td>14:45-15:00</td>
<td>Introductory speech</td>
<td>Dr. Ashraf Ali</td>
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<td>15:00–15:15</td>
<td>Nature of Psychological Issues in FATA: Causes and Consequences</td>
<td>Dr. Khalid Mufti</td>
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<td>15:20–15:35</td>
<td>Insecurity and Violence in FATA: Psycho-social Fallout</td>
<td>Dr. Khadim Hussain</td>
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<td>15:40 – 15:55</td>
<td>Visible Social Impacts</td>
<td>Dr. Madiha Asghar</td>
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<td>16:00–16:15</td>
<td>Psycho-social issues: Role of Government and Challenges</td>
<td>Mr. Shaukat Ali Yousafzai</td>
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<td>16:20–16:50</td>
<td>Discussion, Question and Answer</td>
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<td>16:50–17:00</td>
<td>Conclusion</td>
<td>Dr. Ashraf Ali</td>
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<td>17:00–17:30</td>
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<td>All participants</td>
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Appendix – II

Seminar Covered in News

1. Social and Psychological Consequences of Violence in FATA

By: Sobia Abbasi

**Peshawar, 17 Sept:** The current wave of violence in Pakistan, particularly in FATA is not a simple phenomenon to analyze. FATA has become an ever chaotic society Pakistan has ever seen in its history. This is an unwanted gift that ‘war on terror’ has given to this society. Military operations, suicide attacks, explosions, drone attacks and even safety precautions such as long curfew hours have caused serious psychological and social issues among the people. The traumatic situation in FATA is unprecedented and the people of FATA are reported to be facing serious social and psychological problems.

The so called ‘war on terror’ has engulfed their social setup, have made their lives stagnant and also have made them stuck in the dark pit of multiple problems that are of different nature. People make society and all the sectors of the society be it economic, political, religious if gets trapped by any unfavorable force always affect the social life and the psyche of the masses. FATA is in diabolical hold of insurgency.

This was the crust of the seminar conducted by FATA Research Centre tit led “Social and Psychological Consequences of Violence in FATA: Issues and Challenges” here at local hotel in Peshawar on Tuesday.

Provincial Health Minister Shoukat Ali Yousafza i was the chief guest of the event while other scholars, politicians, researchers and civil society members addressed the participants. Addressing as key speaker Shoukat Ali Yousafza i said that his government was saddened over the trauma tribal people faced over decade but his government would meet the promises for restoring peace in the region through negotiations.

He presented his views on ‘Psycho-social issues: Role of government and Challenges’. He elaborated that how government is taking relevant steps to deal with this issue so it can help normalize the society and make it retain its original shape again. ‘The steps taken by Government are worth appreciating and it is trying its best to compensate the losses and damages, the society of FATA has faced in the war on terror through different rehabilitation and aid programs with the help of international donors’.

Writer and psychologist Dr. Khalid Mufti in his speech said that hundreds of patients daily visiting psychological therapy centers where the majority of patients belonging to FATA. He added that due to continuous militants’ attacks, drone strikes and bomb blasts in FATA the inhabitants suffering depression, tension, anxiety and other psychological problems. Mufti demanded that government to establish psychological centers for the rehabilitation of the sufferers.

Dr. Khalid Mufti explained in detail that how war, militancy and army operations have made all the fragments of society inert in their core and that has affected the psychology of the people. He told about his experience and his daily encounter with his patients. ‘The 50% patients I encounter are suffering from more than one type of psychological disorder and the percentage of patients keeps on increasing with the time’ he said. He further explained the nature of specific disorders that are mostly common in his patients and whose backgrounds somehow mostly links back to the ongoing
war in the area, ‘depression, suicides, PSTD, and phobias are the mostly psychological disorders I have come across that are the resultant effects of this unwanted war’ he further elaborated.

Writer and researcher Dr. Khadim Hussain while addressing the audience said that the militancy in Pakistan especially in FATA was the outcome of the unrest of Afghanistan which was created by powers fighting today against terrorism. He went further to add that peace was not possible without peace in Afghanistan. The government should quit strategic depth policy for Afghanistan instantly, he demanded.

The fear of suicide attacks, military operations and especially the drone attacks have led to severe social consequences that have affected the inhabitants of FATA on individual/psychological level as well. The natives of FATA complain that drones and militant attacks have left their Bazaars empty and terrorized, have vacated their mosques, eliminated their Hujras (community center), made ineffective Jirgas (council of elders) and decreased the number of participants in the funeral ceremony as people fear of any possible attack on them. It is important to note that to a lot of extent the tribal life is incomplete without the above mentioned social elements hence local people are not living their lives in full blaze. Pakistan’s participation in the anti-terrorism campaign has led to massive unemployment, homelessness, poverty and other social problems. In addition, frequent incidents of terrorism and displacement of the local population have severely affected the social fabric of FATA.

In 2009 the Sarhad Hospital for Psychiatric Diseases (SHPD) recorded about 97,000 psychiatric cases from the violence-hit areas of FATA. It has been estimated that one in six carries few symptoms of psychological illness. Approximately 90,000 patients examined at a local hospital of FATA in 2011, about 50,000 had been exposed to militant-related violence or to the military operation.

The purpose of holding this seminar was to discuss the impacts of violence on the social and psychological behavior of the people, transcript the stance of government officials and different political parties on the issue, share the feelings of people directly affected by such activities and find out solutions for the betterment of the people of FATA. Speaking on the occasion, Dr. Ashraf Ali gave his analysis on how badly the region is trapped in militancy and how this evil has sabotaged the social life of the common man.

Dr. Sanya Ismail conveyed her views on the ‘visible social impacts’ as being the member of the affected society and also an expert psychiatric, she highlighted the major and prevalent social evils that the society of FATA has faced in the decade long war of terror. She said, ‘the social evils like broken families, frustration, suicidal attempts, suppression etc are the common and visible social impacts of this war and curfews imposed in the region’.

In the concluding session Dr. Ashraf Ali gave his remarks on the issue. He said ‘we all as a member of the Pakistani society have a responsibility to perform, our role as an individual member in eradicating this evil is important and on individual level we should kill the fear that has spread in our blood and which is the root cause of evils. We have to normalize our lives ourselves because God help those who help themselves’ and in the end he thanked all the guests/speakers/participants for their active participation.

Numbers of scholars, researchers, civil society members, psychologists, journalist and FATA students attended the seminar.
2. Psychological problems rife in restive Fata, KP: experts

BUREAU REPORT

PESHAWAR, Sept 17: Suicide attacks, explosions, drone attacks, military operations and even safety measures like check posts and long curfew hours have badly affected the social and psychological behaviour of the people in troubled tribal areas and the adjacent Khyber Pakhtunkhwa and thus, leading to high incidence of trauma, fear and depression in the region.

This was the crux of the presentations made by the speakers, including psychiatrists and psychologists, during a seminar here on Tuesday.

The seminar was organized by Islamabad-based Fata Research Centre on ‘social and psychological consequences of violence in Fata: issues and challenges’ at a local hotel.

Among the participants were the people from all walks of life, including members of the civil society, who shared their views and experiences on how violence has impacted the lives of the people of Fata and Khyber Pakhtunkhwa.

Psychiatrist Dr Khalid Mufti said it was alarming that four per cent of the population had suffered from mental illnesses in peacetime but in recent years, the percentage of such ill-people might have reached 40 per cent due to increase in violence. He said trauma was the direct result of violence and as the violence increased, the society was becoming traumatic.

The psychiatrist said according to a survey, 60 per cent of women in the province and Fata were using tranquilizers.

He called for strict monitoring of sale of such drugs and measures on part of the government to provide better psychological treatment facilities for the people hailing from Fata and Khyber Pakhtunkhwa.

Psychologist and teacher at Islamia College University Dr Sanya Ismail stressed the need for media to play a positive role in changing the perceptions of the people affected by violence.

She called for diluted form of ‘breaking news’ as frequent bad news also affected peoples’ psychology. She called for more trained psychologists to provide counseling to such people affected by violence.

However, writer and teacher Professor Khadim Hussain quite in detail gave the causes and the history of the violence that tortured the people of Fata since the time of British rule.

He called FCR (Frontier Crimes Regulation) a ‘pure example of state violence.’

Mr Hussain also talked about the tribal feuds, militant violence and fear as an instrument to torture the people psychologically.

He said infrastructures could be rebuilt but the psychological and social recovery after years of violence would take time.
The writer said there was a need for changing the war economy into a peace economy to bring a change in the lives of the people, who had been motivated to fight against Russian and Nato forces.

He said there was a need to remove the alienation of the people of Fata, who had lost communication ability due to violence.

“Disruption of cultural cohesion, entertainment and mobility, loss of income generation means, political marginalization and education backwardness are the fallout of the insecurity and violence,” he said.

Mr Hussain said if the government took serious measures to remove the problems, there was a chance that the people’s lives could return to normalcy, though it might be a time taking process.

Dr Ashraf Ali, who heads FRC, said the purpose of holding such seminars was not only to provide a forum to the people of Fata, who had been directly affected by violence, to share their feelings but also to learn and find solutions of their problems. He said the research conducted at the centre showed that violence had increased over the years but the people of Fata had shown resilience. “The situation has created social and psychological problems,” he said.

3. Socio-Psychological rampant problems in FATA

By: Danish Baber

Due to the Predominating socio-psychological issues among the victims of violence in FATA and to find out solutions for the amelioration of the people of FATA, seminar on “Social and Psychological Consequences of Violence in FATA: Issues and Challenges” was organized by FATA Research Center FRC in Peshawar dated September 17, 2013, reported by Duetsche Welle Radio.

4. Psychological and sociological effects of violence in FATA

By: Noor Haleem

Effects of war on terror (anti-terroris m campaign) on FATA people changed sociological and psychological behavior of people living in conflicting zones. Insurgency brought various economic, social and psychological sufferings to the natives of FATA. To identify the basic sociological factors which are causing socio-psychological problem in FATA, Seminar on “Social and Psychological Consequences of Violence in FATA: Issues and Challenges” was organized by
5. War on terror Socio-psychological impacts on FATA

By: Rahamullah

Ongoing war in FATA prevailed, depression, suicides, PSTD, phobias and other psychological disorders in people, that are the resultant affects of this unwanted war’. It also hit the social setup of FATA and disturbed the whole society. To find out the solutions to end this war in FATA and to share the feelings and experiences of people directly affected by such activities, Seminar on “Social and Psychological Consequences of Violence in FATA: Issues and Challenges” was organized by FRC (FATA Research Center) in Peshawar dated September 17, 2013, reported by BBC Urdu.

6. Impact and Instrumentality of violence in FATA

By: Muhammad Ali Johar

Drone attacks, military operations and acts of terrorism are a cause of frustration and insecurity, people suffering facing these challenges can easily be brainwashed into committing acts of terror. For creating social disturbances. People of FATA and especially youth of FATA is frustrated due to uncertainty, fear, unemployment and backwardness. To share the views and experiences of people directly affected by terrorism Seminar on “Social and Psychological Consequences of Violence in FATA: Issues and Challenges” was organized by FRC (FATA Research Center) in Peshawar dated September 17, 2013, reported by NCAC.
7. Seminar on social and psychological issues in FATA

By: HairanMohmand

8. Lead Pakistan Newspaper
Appendix - III

Glimpses of Seminar